

Senior Lifestyles

Volume XXXII No. 20

August 2015

Artimus Pyle Band



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*Live
and Loud!*

November 5, 2015 7:00PM

Memorial Park Community Center 510 Bert Street, Johnson City, TN

Tickets go on sale July 15, 2015 \$25/person Tickets available online at myjcparks.org or in person at Memorial Park Community Center.

Brought to you by: The Johnson City Senior Center Foundation, Inc.



Foundation Board News

The Johnson City Senior Center Foundation Board is excited about what is going on with Senior Services in Johnson City! During the past fiscal year, the Foundation purchased a new handicap bus for the Senior Center, provided financial support for a partnership with MSHA to continue the services of the Community Health Activities Coordinator to provide free health information and screenings for seniors, provided matching funds for an ABC grant from the Tennessee Arts Commission; provided charter buses for two sold-out day trips; and supplied 64 Christmas boxes to homebound elderly in our local community!

The Foundation has established a goal to increase the Christmas box outreach to needy seniors to at least 125 homes this December. There are currently over 300 at-risk seniors qualified to receive a Christmas box, so the need just in our community is great. Besides staple food items, the boxes also include laundry detergent, paper goods and cleaning supplies which cannot be purchased with food stamps.

On August 7, a fundraising dance will be held at Memorial Park Community Center, with all proceeds from ticket sales and donations dedicated to the Christmas box project. The theme, Sweet Summer Nights, will evoke memories of hot summer nights under the stars, with sweet summer refreshments and music by Kids Our Age.

The Johnson City Senior Center Foundation is a 501 (c) 3 non-profit corporation formed for the specific purpose of accepting charitable gifts and donations and engaging in fundraising activities exclusively in support of Senior Services of the City of Johnson City. Foundation Board members serve on a volunteer basis and receive no compensation for their services.or words of encouragement via e-mail at: MPCCSeniorCenter@johnsoncitytn.org. You may also drop a comment card into the locked donation box at the Senior Services coffee bar.



Congregate Meal Lunches

The Congregate Meal lunches which are administered by the First Tennessee Human Resource Agency at MPCC have been very

successful. In order to control food costs associated with this program, we ask that you adhere to the following guidelines:

- Cost: \$2.00** suggested donation (60 years old and older) **\$5.81** mandatory for those under 60 years of age
- Reservations are to be made at least 2 days in advance
 - Only those with reservations are guaranteed a meal, all others are first come, first served.
 - Reservation sheets are located in the entry to the dining area.
 - Meals will be served at 12 Monday through Friday, unless otherwise stated.
 - Any clients that have not arrived by 12:15 will be considered “no-shows” and may not receive a meal, as we must serve the waiting list at that time. If you cannot be there by 12:15, but will be there, please notify Charles Love by 11:30 am. Contact for Charles Love: 423-434-5723.

The Congregate Meals program is made possible through Federal Funding under the Title III Older Americans Act.

<div><div><div>MEALSONWHEELS association of america</div></div><div><div>FTHRA NUTRITION</div><div>MENU FOR AUGUST 2015</div></div></div>				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3. Salisbury Steak w/Gravy Scalloped Potatoes Green Peas Pasta Salad Pineapple Tidbits WW Roll	4. Ham/Cheese Slices Succotash Herb Sweet Potatoes Lettuce/Tomato Pound Cake w/Strawberries Croissant	5. Chili Dog w/Mustard & Onions Baked Beans Potato Wedges Fruit Cocktail Coleslaw WW Bun	6. Meatloaf Green Beans Mashed Potatoes Orange Gelatin Salad Cucumber & Tomato Slices WW Roll	7. Pork Cutlet w/Gravy Broccoli Potatoes O'Brien Banana Pudding w/Wafers WW Roll
10. Honey Mustard Chicken Rice Pilaf Mixed Vegetables Tropical Fruit Sugar Cookie WW Roll	11. <div>EMPOYLEE ANNUAL TRAINING</div>	12. Spaghetti w/Meat sauce ¾ cup Brussel Sprouts Carrots Cole Slaw Applesauce Texas Toast	13. Grilled Chicken Sandwich Macaroni & Cheese Baked Apples Lettuce/Tomato Orange Juice WW Bun	14. Pizza Casserole ¾ cup Corn Parmesan Herb Cauliflower Marinated Cucumbers Fruit Cocktail WW Roll
17. Baked Ham Sweet Potatoes in syrup Green Peas w/Pearl Onions Ambrosia WW Roll	18. Chicken Tetrzzini ¾ cup Italian Style Vegetables Lima Beans Fruit Cucumber & Tomato Slices Texas Toast	19. Soup Beans w/Onions ¾ cup Turnip Greens Oven Brownd Potatoes Coleslaw Chocolate Pudding Cornbread	20. Burger Mixed Vegetables Au Gratin Potatoes Apple Crisp Lettuce/Tomato/Onion WW Bun & Mayonnaise	21. Chicken & Rice Casserole ¾ cup Broccoli Carrots Pickled Beet Salad Brownie WW Roll
24. Beef Pot Roast Roasted Potatoes & Carrots Brussel Sprouts Mandarin Oranges Pound Cake WW Roll	25. BBQ Pork Sandwich Baked Beans Potato Wedges Coleslaw Pineapple Tidbits WW Bun	26. Turkey Kielbasa Mashed Potatoes Cabbage Fruit Cocktail Yogurt Cornbread	27. Chicken Parmesan Pasta w/Marinara Sauce Italian Style Vegetables Caesar Salad w/dressing Peaches Texas Toast	28. Fiesta Fish Pinto Beans Roasted Redskin Potatoes Appalachian Coleslaw Oatmeal Cookie Cornbread
31. Meatloaf Mashed Redskin Potatoes Green Peas Tropical Fruit Grape Juice WW Roll				<div><div>AUGUST</div><div></div></div>
2% MILK AND MARGARINE ARE INCLUDED WITH EACH MEAL/ ALL SERVINGS ARE 1/2CUP OR 1 PORTION UNLESS INDICATED OTHERWISE /ALL ENTREES ARE 3 OZ./MENU MAY CHANGE DUE TO SNOW SCHEDULE, EQUIPMENT BREAKDOWN OR FOOD AVAILABILITY. / COORDINATORS-RECORD SERVING TEMPERATURES BESIDE APPROPRIATE ITEMS//				

Hip Hikers

Hip Hikers to Big Creek
Thursday, August 6
8:00 am
Cost: Free
Challenging level
(Carpool Event)
Meet at Center
Bring your own lunch
Reservation Deadline:
August 6

Hip Hikers to Bear Tree Gap
Thursday, August 20
8:00 am
Cost: Free
Challenging level
(Carpool Event)
Meet at Center
Transportation
provided

Bring your own lunch
Reservation Deadline:
August 20

Hip Hikers to Appalachian Trail @ Indian Grave Gap
Thursday, August 27
8:00 am
Cost: \$3.00
Challenging level
Meet at Center
Transportation
provided
Bring your own lunch
Reservation Deadline:
August 27

*Contact Mike Woods
434-6223 for more
information.*



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- Licensed Nursing Staff
- Social Services Staff
- Physical, Speech and Occupational

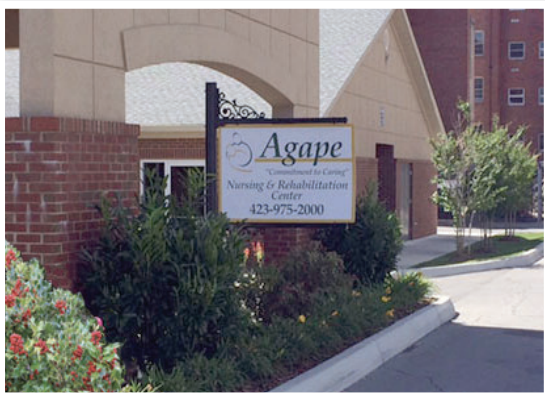
Therapy Services:

- Restorative Program
- Pharmacy Services
- On-Call Mental Health Services
- Registered Dietician Services
- Respite Services

Amenities & Activities:

- Beauty and Barber Shop Services • Laundry Services • Group Outings
- Daily opportunities to encourage social, physical & mental enrichment

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Christopher A. Burks, Au.D. Russell J. Fankhouser, Au.D. Sherry Ayers, Office Manager



**Appalachian
Hearing and Speech
Center**

Lifelong Learning

Legal Aid (Estate planning)

Tuesday, August 4 from 4:00-6:00pm

A FREE CLINIC to assist seniors and other individuals who need assistance to prepare the following documents: Simple Last Will and Testament, Power of Attorney and Advanced Healthcare Plan. Get questions answered. Please register, walk in basis for assistance.

German Conversation Group

Thursdays at 9:30am

Join us if you know German, would like to brush up on your speaking and reading skills of the language.

Looking for someone to teach a language class, please call 434-6229 if you are interested or know someone.

Your Memories to Movies

Looking for folks who want to share special memories from their past! We are creating mini movies of your interesting life. We'd like volunteers who wish to share their stories. *Call For Appointment 423-434-6220.*

Fitness Tip!

American College of Sports Medicine and the American Heart Association Recommend 30 minutes of moderate - intense activity 5 days per week. This activity should be cardiovascular, an activity that requires your heart and lungs to work harder. Take advantage of the many activities offered by MPCC to help you be and stay active.

Coming in September

Beginning Sign Language

Tuesdays, beginning September 15

6:00pm - 7:30pm • Six week course cost \$30 Sign up now, limited seating! Must be pre-register and pre-pay for class.

A Reminder from Tennessee Senior Medicare Patrol (SMP)

Beware of healthcare providers and suppliers that sell goods and services door-to-door or call you over the telephone.



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Outings

Travel Corner

On November 12, Senior Center participants will depart for the annual trip to New York City. New this year is a visit to the 9/11 Memorial Museum. The National September 11 Memorial Museum opened on May 21, 2014. The mission of the 9/11 Memorial Museum, located at the World Trade Center site, is to bear solemn witness to the terrorist attacks of September 11, 2001 and February 26, 1993. The Museum honors the nearly 3,000 victims of these attacks and all those who risked their lives to save others. The Museum's core exhibitions are located at bedrock, seven stories below ground, allowing visitors to be in the very space where the Twin Towers once stood. There are two main exhibition spaces. In Memoriam, the memorial exhibition is located on the footprint of the South Tower. The exhibition commemorates the 2,983 men, women, and children killed in the 9/11 attacks and the bombing of the World Trade Center in February 1993, honoring them for how they lived their lives rather than for how they died. The historical exhibition, located on the footprint of the North Tower, examines the day of the attacks, what preceded them, and how 9/11 continues to shape our world.

Other popular features of this 5-night trip include a stop in historic Philadelphia and guided tours of New York City; eight meals and travel insurance are included in the trip cost of only \$599 pp/do. Only a few seats remain, so register today!

Mark your calendars for September 17 for the Let's Go Travel Show. We will share information about the exciting trips planned for 2016!

August is the month for Barbeque!

Join Dixie Diner's on Wednesday, August 12th for some good old time barbeque at The Red Pig. We will have dinner at 5:00. Bring a friend! The Red Pig is located in the plaza just off Roan to the left of Kroger's. The address is 2201 Ferguson Road. But the best way to get there is turn into the Kroger's lot and go up the parking lot hill to the left. Sign up by August 10th. See you soon

Coming Soon!

The 'Pump Boys and Dinettes'

At the Flat Rock Playhouse Oct. 1st
Tickets on sale in September \$37, lunch on your own. Chartered bus. Limited seats, no refunds.

Dixie Stampede (Senior Day)

Tuesday, September 22nd.
Leave MPCC at 9am • Cost: \$35
Includes show, meal and transportation. Health & Wellness Fair, Dixie Belle Saloon Show, Dixie Stampede Show & Meal.
Limited seats, no refunds.



Games

Hand and Foot Canasta Mondays at 1:00pm and Fridays at 5pm • Free

Hand and Foot is a version of Canasta in which each player is dealt two sets of cards, known as the «hand» and the «foot». Hand and Foot is closely related to Pennies From Heaven. If you don't know how to play, they can teach you!

Ladies Monday Night Bridge Club

Mondays • 6:00pm • Free
Join the ladies of the senior center for a fun evening of bridge!

BINGO

BINGO will now only be on the following dates at **9:00am: May 19th, August 18th, and November 17th**

Party Contract Bridge

Tuesdays • Noon • Free
Contract Bridge took off as an international rage in the 1930s and is considered today by many to be the ultimate card game.

Scrabble Group

Tue • 5:30pm • Free
Do you enjoy word games? Scrabble is a great brain exercise! The scrabble group is always looking for new faces in their group.

Mexican Train Dominoes

Tuesdays 6pm • Free
often called simply "Trains", is becoming extremely popular and frequently on TV. This easy to learn, international, fast paced game of luck and skill is not the dominoes of our childhood. Join us every Tuesday afternoon at 6:00 for an exciting

fun-filled time with some marvelous BFF's.

Pinochle

Wed at 1:00pm • Free
Pinochle is a trick-taking card game for 4 players played with a special deck. Players score by taking ticks or forming combination of cards into melds.

Rook

Thursdays • 1:00pm • Free
Rook is a challenging trick taking game played with a special deck of cards. Bring a friend for even more fun!

Brain-A-Cise

Thur • 4:00pm-5:00pm
Cost: Free
Your brain needs activity too. Join us for an hour of stimulating activities to make you think and get those brain cells moving.

Party Contract Bridge

Fridays • 9:00am • Free
Contract Bridge took off as an international rage in the 1930s and is considered today by many to be the ultimate card game.

Ace of Clubs Duplicate Bridge

Fridays • 12:30pm • Free
If you enjoy playing bridge, but haven't tried duplicating bridge, come join the fun!

Mahjong

Fridays 1pm
Mahjong is a Chinese game played with sets of tiles. It is a game of skill, strategy and calculation and of course a degree of chance. If you know how to play or would like to learn, come join us!



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Lifelong Sports

Senior Billiards

Mon-Fri, 7:30am to 8pm • Cost: Free
Senior men and women are both welcome to play on four new tables. All levels of experience are welcome. Come swim with the senior sharks at the community center. Yearly tournaments held.

Pickleball

Mon, Wed, Fri • 8am-11:30am • Cost: Free
This activity is a modified form of tennis and we play doubles.

Doubles Table Tennis

Mon, Wed, Fri • 9:30am-Noon • Cost: Free
Senior men's and women's doubles table tennis. Keep your brain and body active with table tennis. Yearly tournaments will be held.

Over the Age of 50? Come join the Seniors' Legend golf group!

Tee time is at 10:00 am on Tuesdays and Thursdays and the cost is a reasonable \$5 a round at the par 3 course in Unicoi, TN.

Seniors Let's Roll, Roll Roll! Come join our Senior Bowling Leagues!

The Tuesday Trio Senior League

No Experience Neccessary
Tuesday, August 11th at 12:30pm
Holiday Lanes, Johnson City
Meet new friends and learn a new sport! There will be a short meeting to discuss the new season By-laws followed by 3 free games of open bowling with your team! Must be 55 years old. Contact Nikki Pont, League Secretary at 423-948-0180 to inquire about bowling fees and a one-time USBC Membership fee.

Thursday Golden Strikers and High Flyin' Seniors


Thursday, August 13th at 12:00pm
Holiday Lanes, Johnson City
For a great deal sign-up for Thursday's League and get a discount on Monday and Tuesday Leagues! Contact Ann Deakins, League Secretary at 423-213-5861 or 423-213-1649 for more information or Holiday Lanes at 423-282-6521.


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Computers

Windows 10

Instructor: Jim Pohle

Fridays, July 31 and Aug. 7

12:30-2:00pm • Cost: \$10.00

Microsoft's next OS (Operating System) will be out in the fall of 2015. This will be combination of 7 and 8 with add ons. After this Microsoft will only have updates that you will download. There is a lot to like and the pre-release version shows a lot of promise. This presentation will show you what Windows 10 will look like and how it will have many familiar aspects. Your computer can be adjusted to have this on it if it has different version. Please pre-register.

Top 10 Fixes of Common Problems

Instructor: Jim Pohle

Friday, Aug 14 • 12:30-2:00pm • Cost: \$10.00

Some of the most common problems we face with our computers and how to fix them. 1. Attack of the Blue Screen of Death. 2. How to Recover Deleted Files. 3. Introduction to Backup. 4. Protect Your Privacy. 5. Speed up a Slow PC. 6. One or Two Antivirus Programs? 7. How to Securely Wipe Sensitive Data. 8. How to Speed Up Your Internet. 9. How to Archive Files. 10. Should You Share Your Passwords? Please pre-register.

Buying a Laptop 8 Tips

Instructor: Jim Pohle

Friday, Aug 21 • 12:30-2:00pm • Cost: \$8.00

Items covered: 1. Pick a Platform. 2. Choose the Right Size. 3. Check the Keyboard and Touchpad. 4. Know Your Specs. 5. 2 in 1 or Traditional? 6. Battery Life. 7. Plan a Budget.

8. Mind the Brand. Please pre-register.

5 Ways Hackers Attack

Instructor: Jim Pohle • Friday, August 28

12:30-2:00pm • Cost: \$8.00

There are 5 common ways hackers attack. Learn how to recognize them and protect your computer from them. 1. Phishing Scams. 2. Trojan Horse. 3. Drive-by Downloads. 4. Bypassing Passwords. 5. Using Open Wi-Fi. Please pre-register.

One on One

Instructor: Betty Hall • Cost: \$15.00

If you are interested in getting help with a computer, iPhone, iPad, MacPro, MS Word, or Excel call Amy at 434-6229. Please include what you device is and your area of focus for help you need.

Gmail

Instructor: Amara Carberry

Thursdays, July 6, 13 and 27 • Cost: \$10.00

Exploring Gmail, learning the ins and outs, attachments, pictures, any problems you may have and the new UNDO button. Must have a gmail account set up prior to first day of class. Please pre-register. (Beginner / Intermediate)

One on One Tech Help

If you are interested in getting help with a computer, mobile device, tablet or other please call Amy at 434-6229. We can set you up with any of our instructors. Please include what your area of focus or help you need. Cost: \$15.00,

must pre-register.

Beginning Computers

Instructor: Sandy Osgood

Monday, Aug 10 & 17 • 1:00-2:30pm • Cost: \$10

This class is for learning to use and get around in the computer, saving files and using the internet how to use your email, and more. Bring questions. Please preregister (beginner)

Computer Maintenance

Instructor: Sandy Osgood

Mon, Aug 10 & 17 • 3:00 - 4:30pm • Cost: \$10

This class teaches you how to keep your computer running fast. Delete unwanted programs, pictures from digital camera, organize files, deleting, attaching and more. Please preregister. (intermediate)

Beginning Computer II

Instructor: Sandy Osgood

Mon, Aug 24 and 31 • 1:00 - 2:30pm • Cost: \$10

Learn how to use your Browser, get around your computer, use the internet, email, digital cameras, downloading them into your computer. Save files and more. Bring your questions. Please preregister. (Intermediate)

Internet and Email

Instructor: Sandy Osgood

Mon, Aug 24 and 31 • 3:00-4:30pm • Cost:\$10

Learn to surf the internet, shop or order from the internet. Email: attaching pictures and files to your email. Please preregister. (Beginner/ Intermediate.)

Volunteers



On a mission to engage adults in Active Life through Active Living.

The monthly volunteer meeting will be held Monday August 3rd at 10:00am in the Arts & Crafts room. Guest Speaker: Trish Patterson, Habitat for Humanity.

Light Refreshments will be served. Your involvement and support makes it possible for the Senior Center to fulfill its mission. Come and meet Chyrl McLaughlin as she joins the senior service team acting as Volunteer Coordinator. She has a passion to serve and to lead members of the community in using their skills and talents to help others.

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423-534-9890

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00 Volunteer Mtg 1:00 Pencil Drawing Made Easy3	9:00 Walkers and Talkers4 8:30 Power Walking 11:00 Group Piano Lessons 1:00 Date with History 4:00 Legal Aid 4:00 Brain Games	5	8:00 Hikers to Big Creek6 8:30 Power Walking 10:00 As the Page Turns 11:00 Group Piano Lessons 11:00 Gmail 2:00 S.A.L.T. Council 6:00 Aging Without Fear	12:30 Windows 10 7:00 Sweet Summer Nights Dance to benefit the JCSC Foundation featuring Kids Our Age7
1:00 Beginning Computer10 1:00 Pencil Drawing Made Easy 3:00 Computer Maintenance	8:30 Active-Living Pump11 11:00 Group Piano Lessons 4:00 Brain Games	11:00 Getting the Most Out of Your Physician’s Visit12	10:30 Creative Coloring13 8:30 Active-Living Pump 10:00 Writers Circle 11:00 Group Piano Lessons 11:00 Gmail	12:30 Top 10 Fixes of Computer Problems14 Saturday August 15 10:00 WVAL
1:00 Beginning Computer17 1:00 Pencil Drawing Made Easy 3:00 Computer Maintenance	8:30 Active Living Pump18 9:00 BINGO 11:00 Group Piano Lessons 12:30 Silver Sneakers® Shindig 4:00 Brain Games 5:30 Wood burning Class	19	8:00 Hikers to Bear Tree Gap20 8:30 Active-Living Pump 10:30 Creative Coloring 11:00 Group Piano Lessons 6:00 Aging without Fear	12:30 Buying a Laptop21 7:00 Friday Night Dance featuring Limited Edition
1:00 Beginning Computer II24 1:00 Pencil Drawing Made Easy 3:00 Internet/Email	11:00 Group Piano Lessons25	26	8:00 Hikers to AT @ Indian Grave Gap27 10:00 Writers Circle 10:30 Creative Coloring 11:00 Gmail 11:00 Group Piano Lessons 11:00 Gluten Free Living 2:00-6:00 Medicare Counseling by appointment	12:30 5 Ways Hackers Attack28 6:00 Line Dance Party
1:00 Beginning Computer II31 1:00 Pencil Drawing Made Easy 3:00 Internet/Email			<div><div><p>THE COURTYARDS SENIOR LIVING</p><p><i>A different kind of Assisted Living</i></p><p><i>different care</i></p><ul style="list-style-type: none">• Eden Philosophy of Care• Best Resident / Staff ratio in Industry• Specialized Training• Caring Team Members<p>www.courtyardseniorliving.com</p></div><div><p>Schedule your personal tour at our beautiful Johnson City home: 423-967-4431</p><p>Visit & Like our Facebook page to see what life is like at The Courtyards.</p><p><i>different buildings</i></p><ul style="list-style-type: none">• Real Home Environment• Small Buildings• Dedicated Memory Care Buildings• Secured Buildings<p> Facebook</p></div></div>	

Ongoing Events

COMING IN NOVEMBER

Artimus Pyle Band



TICKETS ON SALE NOW!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30am to 8:00pm Billiards Room Fitness Room 8:00 Pickleball 8:00 Blood Pressure Screenings 8:30 Toning 9:30 Table Tennis 9:30 Love Handles 10:00 Silver Sneakers® Classic 11:00 Tai Chi for Arthritis 12:00 Qi Gong 12:00 Congregate Meal-requires pre-registration, see page 2 12:30 Open Art Studio 1:00 Hand and Foot Conasta 1:00 High Flyers Bowling @ Holiday Lanes 1:00 Musical Voices 2:00 Challenge Square Dance 3:30 Line Dance with Martha Davenport 5:30 Dandy Line Dancers 6:00 Ladies Monday Night Bridge Club	7:30am to 8:00pm Billiards Room Fitness Room 8:00 Blood Pressure Screenings 10:00 Heart Strings Instruments Jam Session 10:00 Open Computer Lab 12:00 Contract Bridge 12:00 Congregate Meal-requires pre-registration, see page 2 1:00 Needle and Fiber Arts 1:00 Silver Sneakers® Yoga 1:00 Tuesday Trio Bowling at Holiday Lanes 4:30 Let's Dance Line Dance 5:30 Scrabble Group 6:00 Mexican Train Dominoes	7:30am to 8:00pm Billiards Room Fitness Room 7:30 Fasting Blood Sugar Checks 8:00 Pickleball 8:00 Blood Pressure Screenings 8:30 Toning 9:30 Table Tennis 9:30 Love Handles 10:00 Silver Sneakers® Classic 10:00 Bible Study 11:00 Tai Chi for Arthritis 12:00 Qi Gong 12:00 Congregate Meal-requires, pre-registration see page 2 12:30 Acrylics Painting on break until Aug. 26 1:00 Pinochle 2:30 Knitting 5:15 Ballroom Dance Lessons 6:00 Senior Hatha Yoga	7:30am to 8:00pm Billiards Room Fitness Room 8:00 Men's Bible Study 8:00 Blood Pressure Screenings 8:30 Silver Sneakers® Yoga 9-11:00 Open Computer Lab 9:30 German Conversation 12:00 Congregate Meal-requires pre-registration, see page 2 1:00 Rook 1:00Ballroom Dancing 1:00 Golden Strikers Bowling @ Holiday Lanes 2:00 Open Computer Lab 3:00 Conductorcise® Plus 4:00 Brain-A-Cise	7:30am to 8:00pm Billiards Room Fitness Room 8:00 Pickleball 8:00 Blood Pressure Screenings 9:00 Party Contract Bridge 9:30 Table Tennis 12:00 Congregate Meal-requires pre-registration, see page 2 12:30 Ace of Clubs Duplicate Bridge 1:00 Open Craft Time 1:00 Mahjong 3:45 Friday Ballroom Dance Lessons

Healthy Living

Get the Most Out of Your Doctor Visit

Patty Altman, RN • August 12 • 11am - 12pm

Do you go to your doctor and feel rushed or do you forget to tell him about problems you are having? Come learn how to get the most out of your visit. Learn tips and develop tools to help you remember everything to tell the doctor. You want to get the most out of your visit!

Aging without Fear Support Group

1st and 3rd Thursday of the month from 6pm-7pm

This month August 6 and August 20

How do you age well? We have speakers who talk about problems such as loneliness; finances, downsizing, making your home safer, finding meaning in life, exercise, connecting with others, how to be less stressed and we talk about how people do handle these things. Share tips with one another. Please call 423-434-6237 for reservation. Or call 423-434-6235 for any questions. Guest speaker for August 20 will be Martha Davenport who will do a line dancing demonstration and show us some easy steps, too.

A Gluten Free Diet

August 27 • 6pm - 7pm

Glynda Ramsey, MD will talk on from. Learn what it means to be gluten free. What are the benefits of a gluten free diet? Can you lose weight, feel better, and have more energy? Come learn what it is all about. Call 423-434-6235 for a seat. Gluten free snacks and beverages will be provided.

Upcoming Events in September

Taking Control of your Chronic Disease

A Chronic Disease Health Fair Kick Off event will be held Wednesday, September 2nd from 12:30-3:00pm. Registration starts at 12:30 and the fair will start at 1:00pm. You will be assigned to a group and participate in a variety of activities. Come and develop your Feel Better Plan and see what other events will be available during the upcoming year. Event is free, please pre-register.

Pre Diabetes and You

September 9 • 5:30pm to 6:30pm

ETSU Pharmacy Students. Learn what it means, how it affects your body, and what you can do to lower your blood sugar. There will be time to ask questions.

Walgreens Flu Clinic

September 9 from 11am to 12:30pm

Walgreens will be doing a Flu Clinic. They will also have the pneumonia shot. They will file Medicare insurance for you.

Patty Altman, Registered Nurse and Health Activities Coordinator

Hello, my name is Patty Altman, Registered Nurse and Community Health Activities Coordinator for the senior center. I retired from Mountain States Health Alliance after 30 years' service, working in ICU, Recovery Room and Same Day Surgery. I came out of retirement last June and began working at Johnson City Senior Center.

I work 20 hours per week and my hours are flexible. Part of my job includes doing blood pressure checks, blood sugar checks, being available for One on One Sessions with a nurse, doing health programming for center, and giving health information to seniors.

Come by the First Aid Room, which is across from the Dining Room and get your blood pressure checked. Why is this so important? Hypertension is called the silent killer. Your pressure can be high and you will not know or feel that it is elevated. If it consistently runs high with no treatment you can have a stroke, develop kidney damage or have a heart attack. Knowing your blood pressure reading is a simple thing to do. If you have a home blood pressure monitor and you doubt the accuracy of it, bring it by and we can compare machines to help determine its accuracy.

Every Wednesday from 7:30am to 9am there is a free Fasting Blood sugar check. To get an accurate reading you should not eat or drink anything but water before the test. The

test is done by simple finger stick. No appointment needed, just stop by.

Nurse One on One Sessions is another service that's available. Do you have a health concern you would like to talk to a nurse? I have resources available for you. Please call and make an appointment for a One on One Session. Call 423-434-6237 to make an appointment.

Part of my job is health programming. Is there a health topic you would like to know more about? Let me know. We have speakers from the medical, nursing and pharmacy communities who share their knowledge. Learning something new keeps your mind sharp.

There is free health information on the table in the First Aid Room and this is for you to take to use or share with your family. The information changes monthly. Stop by and see what is available.

Please come by and see what you can learn about your health.

The Community Health Activities Coordinator position is made possible through collaboration with the City of Johnson City Senior Services, Mountain States Health Alliance Foundation, and the Johnson City Senior Center Foundation, Inc.



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Y0040_GHHJ4GJEN Accepted

Dance & Special Events

Line Dance with Martha Davenport Mondays at 3:30 p.m.

\$6 per week or Silver Sneakers® discount
This class is for those who have completed Absolute Beginner Line Dance and are ready for more challenging steps and dances. Have fun, challenge your brain and body, and burn some calories.

Advanced Line Dance (Dandy Line Dancers)

Mondays at 5:30pm

Cost: Pay instructor

This class is for advanced line dancers. The group practices and performs at the Center and in the community.

Let's Dance Line Dance

Tuesdays from 4:30-5:30 p.m.

\$2.00 per session

Instructor: Debbie Bailey

Debbie's mission is to encourage people to enjoy dance, to learn simple dance steps and move to the beat of the music. She has taught classes previously and will provide some instruction. Getting fit while having

fun is the goal of this group. All skill levels welcome. Call Kamela 423-434-6233 for more information.

Ballroom Dance Lessons

Wed at 5:15pm • Cost: \$2.00

Learn or polish your Fox Trot, Waltz, Tango, Cha-Cha and other dance styles. Beginner to experienced are welcome. No partner necessary. Free for those with Silver Sneakers

Beginner Ballroom

Dance Lessons

Fri at 3:30 pm • Cost: \$2

Join us to learn basic ballroom dance steps just in time for the Friday night dance. No partner necessary. Free for those with Silver Sneakers.

Summer Cookout

Thursday July 30, 4:30 pm • Cost \$5

Join us for a free cookout with hamburgers and all the sides. Enjoy music and line dancing with Martha Davenport (\$3) from 6-8pm.

Friday Night Dance

Dance from 7-10 pm to a live band. Bring a snack to share during the break; chips/dip, fruit, vegetable tray, crackers/cheese, finger sandwiches, cookies etc. Price is \$5 if registered and paid by noon on the day of the dance \$7 at the door.

For special dances, the ticket price is slightly higher and will be advertised as such. Silver Sneakers discount only applies to those who prepay.

August 7 Special Event Dance

Sweet Summer Nights with Kids Our Age- which is also a fundraiser to support the Johnson City Senior Center Holiday Food Box outreach.

August 21 Limited Edition

September 18 Jerry Pierce

October 2 Kids Our Age

October 16 Special Event Dance

Sway into Pink Breast Cancer Awareness

Dance featuring Patty Quarles

November 6 Limited Edition

December 4 Jerry Pierce

December 18 Special Event Dance

Christmas Dance

2015 Line Dance Parties

Martha Davenport will lead the dances and set the tone for a fun evening!

Time: 6:00 p.m.-8:00 p.m.

Cost is \$3 per person

July 30, 2015 Arrive early at 4:30 and enjoy a grilled hamburger with all the sides. Go ahead and enjoy dessert cause you can dance it all away with Martha and the line dancers! Dance & food for just \$5!

August 28, 2015

September 25, 2015

Enjoy apple pies and other fall treats and dance the night away!

November 13, 2015

Thankful Dance. Bring a canned food to donate to Second Harvest Food Bank to increase your chances of winning some amazing prizes.

December 11, 2015

Bring a savory or sweet dish to share as we celebrate the holidays. Drinks will be provided by the Center.

Johnson City Senior Foundation Invites You to
Sweet Summer Nights Dance
 Featuring Kids Our Age ... Friday, August 7 ~ 7 p.m.
 Memorial Park Community Center, 510 Bert Street



All proceeds benefit
 Foundation Christmas Box
 outreach

\$10 at the door
 Or donation for Christmas
 Box that includes:

- Laundry detergent (50 oz liquid)
- 4-roll pack toilet tissue
- Facial tissue
- Liquid dish detergent
- 3-pack Ivory soap

Door Prizes & Refreshment - Tickets available at the Senior Services Desk
 Call: 423-434-6237 for more information

Johnson City Senior Center FOUNDATION

Arts/Crafts/Performing Arts

Welcome Art Instructor

Ann Whitson!

Join Art Teacher Ann Whitson as she takes you on a journey through the amazing world of Art and Crafts. You won't want to miss her monthly classes! August: Pencil Drawing Made Easy, September: It's Craft Time.

Ann is a retired Art teacher. She received a Master's Degree in Education from East Tennessee State University and has taught for twenty four years. She will be assisting with the Arts Program here at the Center as well as offering classes of her own. We are looking forward to the things she will be offering!

Pencil Drawing Made Easy

Instructor: Ann Whitson

Monday August 3 • Five class series

(Classes will meet August 3, 10, 17, 24, 31)

1:00 - 2:30pm • Cost: Free

You can learn to draw! It's easier than you think. Learn the basic skills of drawing using line, shape, shading, perspective and technique. Learn to see things as an artist sees and translate what you see to a two dimensional space, creating the illusion of depth. All you need to bring is an open mind and a willingness to learn!

Creative Coloring

Six series class starting Thur, August 13

(Classes will meet August 13, 20, 27

September 3, 10, 17) • 10:30-11:30am

Instructor: Jane Lawrence

Cost: \$5.00 per class (first class materials will be provided by the instructor, students will be given a list of materials needed for the remaining classes)

Need to de-stress? Coloring and being with friends are both good for the soul. Express your feelings as you make your own coloring sheets. Learn new ways to experience coloring, as well as tips on drawing and preparing your work for framing, if you wish. Jane Lawrence received a Bachelor of Fine Arts from California State University and has exhibited and sold her Art in Bristol and Johnson City as well as California and Texas.

Amateur Photography Club

The club meets the first Monday of each month 1-3pm. Come and join us!

Photo themes: August: A Day in the Life of a Town, Sept.: Morning, October: 'Guess what

this is?', November: Dead and Gone

Group Piano Lessons

Instructor: Laurie Dlugos

Lessons will be on Tuesday

and Thursday from 11:00am-Noon

Ideal class for the beginning student or for the individual who has learning to play the piano as one of their bucket list items. Cost for 8 lessons is \$80. Class will start on August 4th. Please pre-register and pay by August 3rd.

Heart Strings

Tuesdays 10:00am-Noon

Bring your instrument and join in this open group, playing a variety of songs including old hymns, bluegrass, country and folk music.

Senior Chorale

This group will not meet over the summer and will return in September. Join this lively group who loves to sing a variety of songs including show tunes and popular songs. This group is led by Cherry Smith and accompanied on piano by Barbara Knisely. The group is open to anyone who is looking for a low stress, less demanding group with which to perform. No audition required.

Conductorcise® Plus

New Day and New Time

Thursdays at 3:00pm • Cost: \$2 (Free for Silver Sneakers)

This is a fun program that not only stimulates your body but also stimulates your brain. This program will add another day to the experienced exerciser and help the non-exerciser to get moving. You determine how hard you want to work. This program also includes upper body stretching and strengthenin

Needle and Fiber Arts

Instructor: Jane Dresser

Tuesdays at 1:00pm • Cost: Free

A class designed for beginning to advanced levels of fiber arts. Bring any type of fiber project to work on or begin to learn. Enjoy the company of others while you work on your project.

Acrylics

Wednesdays 12:30pm • Cost: \$10

This class is on break and will resume on

August 26. In the meantime, walk down the hall outside the classrooms to check out some of the art the members of this group have created.

Knitting

Wednesdays at 2:30pm • Cost: Free

A class designed for beginner to intermediate levels of knitting. Bring a project or an idea and practice your knitting with a fun group.

Woodburning Class

August 18th at 5:30pm

Instructor: Sharon Chase

Things you will need for the class: woodburner with tips, griphate paper, tracing paper, pencil and eraser and nail file. The instructor will supply project material. Cost of the program will be \$35 for a 3 hour session. Please pre-register and pay by August 11th .

Summer Photo Contest

Start turning your summer photos into the front desk on Monday, August 3rd through Wednesday, August 12th. Voting for your favorite photos will occur from Monday, August 17th through Friday, August 28th. Prizes will be awarded.

Coming in September

Mountain Dulcimer classes with Willis Jones

Will be returning in September, Tuesdays from 1:00pm-2:30pm. 8 sessions for \$35. Class dates will be September 8th, 15th, 22nd, 29th, October 6th, 13th, 20th, 27th. Please pre-register and pay.

Ladies Night Out

September 21st • 6:00pm-7:30pm

Christmas Decorations on a Budget!

"It's Craft Time"

Instructor: Ann Whitson

Seasonal Wreaths. Celebrate the season by making a beautiful Wreath decoration for your home or front door. In this class we will create a decorative wreath to brighten your home. The wreaths will include materials for the changing seasons and/or holiday themes. Classes will meet Mondays in September from 1:00-2:00.

- Tub-to-Shower Conversions
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Toning

Monday and Wed at 8:30am • Cost: \$2
Instructor: Sue Pentz. One hour full-body toning with light cardio.

Love Handles*

Mon and Wed at 9:30am • Cost: Free
Instructor: Sue Pentz. Thirty minute class focusing on the abdominals.

Silver Sneakers® Classic*

Monday and Wed at 10:00am • Cost: \$3
Instructor: Deb Fogle
Increase muscular strength, range of movement and activities for daily living.

Tai Chi for Arthritis

Monday and Wednesday 11:00am • Cost: \$3
Instructor: Tonya Van Hook
Low-impact Tai Chi modified for seniors. Easy on the joints, recommended by the Arthritis Foundation and CDC for arthritis relief and fall prevention, Stretching, body alignment and slow, controlled, mindful movement. Improve your body and your mind.

Qigong

Monday and Wednesday Noon • Cost: \$3
Instructor: Tonya Van Hook
Moving meditation: Gentle movements that stimulate the meridian system of the body. Class includes warmups, stretching, breath work and learning one of the most popular Qigong forms for health and relaxation. Benefits all chronic conditions. Leave feeling energized and relaxed.

Silver Sneakers® Yoga*

Tuesday at 1:00pm
Thursday at 8:30am • Cost \$2
Instructor: Judy Jackson
Move your whole body through a complete series of seated and standing yoga poses.

Senior Hatha Yoga

Wednesday at 6:00pm • Cost: \$5
Instructor: Darlene Hatley
Beginner to Intermediate. Learning the most basic Yoga moves with Flow and Hold Yoga moves.

Conductorcise® Plus*

New Day and New Time
Thursdays at 3:00pm • Cost \$2
Try this new way to move and increase your activity. This is a fun program that not only stimulates your body but also stimulates your brain. This program will add another

day to the experienced exerciser and help the non-exerciser to get moving. You determine how hard you want to work. This program also includes upper body stretching and strengthening.

Catch the Wave To Improved Health!

Tuesday and Thursdays at 8:30am
Cost: \$1 per class
Instructor: Deb Fogle
A fun new series to improve your cardiovascular system, strength and overall function. Try out these new exercise programs during the summer months:

Power Walking
Aug 4th, and Aug 6th (Lace up your walking shoes for a conditioning walk inside.)

Active Living Pump
Aug 11th, Aug 13th, Aug 18th, and Aug 20th (High level fitness program incorporating functional movements.)

Keep It Moving

A new supervised exercise program for individuals who have finished Cardiac Rehab, Physical Therapy or been told by your physician that you need to exercise but don't know how. This program serves as the next step in your progression in establishing a safe, independent exercise program. This program requires a referral from a medical professional. This is an ideal program for the individual who is facing total joint replacement both before surgery and after finishing post-surgical physical therapy. Please contact Deb Fogle at 434-6231 for more information.

Coming in September

Silver Sneakers® Circuit* on Fridays at 8:30am. Participants must be able to stand for the majority of the workout. Cost: \$3

Love Handles on Fridays will take the month off in August, but will return in September at 9:30am. Love Handles will still be on Monday and Wednesdays at 9:30 in August.

**No cost to Silver Sneakers members.*

Silver Sneakers Members - Want a fun way to increase your activity this summer? Then join Deb for the Silver Sneakers Classic® on Mondays and Wednesdays at 10:00am.



Read All Details in Hall Across From Billiards Room

Tuesday, August 4

Bus Departs Center 9:15am
Return Approx. 2:00pm
\$2.00

We'll visit 2 locations in town. First is Willow Springs with a talk from naturalist Connie Deegan. Then see incredible art structures you can walk through. You've never seen art like this before! In the shade! See more details in hall across from billiards room.

Tuesday, August 18

Bus Departs Center 9:15am
Return Approx. 2:00pm
\$3.00

Warriors Park has a gorgeous easy trail with a water view. While in deep shade we will talk about trees and cycles of summer ecology. An adventure awaits you here. Walk is approximately 2 miles on flat forest path. Details in hall across from billiards room.

Senior Center

Memorial Park Community Center
510 Bert St • Johnson City TN 37601
423-434-6237

If your address changes, please call us and let us know!

Johnson City Seniors’ Center
at Memorial Park Community Center
510 Bert Street • Johnson City, Tennessee 37601
(423) 434-6237

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Hours of Operation:
Senior Services Reception Desk: Mon-Friday 8am-5pm
Memorial Park Community Center: Mon-Sat 7am-9pm

Groups and Meetings

Musical Voices

Rehearsal Mondays at 1:00pm
Join this welcoming group if you desire to sing gospel music and share the joy of music with local nursing homes.

Grief Support Gatherings

1st and 3rd Tuesdays at 6:30pm at MPCC
Featuring Michael Lester, M.A. Board Certified Grief Counselor

Bible Study Opportunities

Wed at 10:00am • Thur at 8:00am
(Breakfast by donation)

As the Page Turns

Attention All Readers: We are working on the book club and would like your suggestions; looking at new books to read, selections in advance and more.

If you like reading a variety of books and meeting new people, join us the first Thursday of each month at 10am. You are not required to join in the discussion or answer questions if you do not wish to.
July: The Immortal Life of Henrietta Lacks by Rebecca Skloot
August: The Book Thief by Marcus Zusak (Books Provided)
July meeting will be July 9th at 10am

Washington County S.A.L.T. Council

Meets first Thursday of month 2:00pm at MPCC
July No Meeting.
Seniors and Law Enforcement Together is an organization of senior citizens, law enforcement officers and community groups which meets monthly to address the concerns and solutions for a more senior friendly community. *Everyone Welcome!*

Writers Circle

2nd and 4th Thursdays at 10:00am
Join this group to share ideas for writing better stories and share your own writings for discussion with the group.

Watauga Valley Art League

3rd Saturday of each month

Medicare Counseling

July 16 2:00-6:00pm
Need help navigating the world of Medicare? Have questions or concerns? Want to know more about your benefits under Medicare? New to Medicare? Make an appointment and speak one-on-one with a trained volunteer. Call 423-434-6237 to make an appointment.